



POUDRE SCHOOL DISTRICT
NORTHERN COLORADO

Imagine
BY NORTHPOINT

Summer Mental Wellness Series: DBT Skills for Families & Students

Families & Students have asked for more DBT training and we've listened!

Join mental health professionals from Imagine by Northpoint and Poudre School District for two free series to gain knowledge of Dialectical Behavior Therapy and learn a variety of life skills.

What is DBT?

Dialectical Behavior Therapy (DBT) focuses on teaching people strategies to help them live their best and most productive life by incorporating four core skill sets: Mindfulness, Distress Tolerance, Emotion Regulation, & Interpersonal Skills

Who should attend and what will you learn?

Parents, Caregivers, and Students are encouraged to attend to learn concrete skills on how to problem solve by utilizing the four core skills of DBT

June Series: DBT Parenting Skills

Parents and Caregivers are invited to attend this parenting-focused series

**June 13
June 20
June 27**

July Series: DBT for Families

Parents, Caregivers and students are invited to attend this series

**July 11
July 18
July 25**

Where: Imagine by Northpoint
3800 Automation Way, Suite 102, Fort Collins, CO
What time: All sessions will run from 5:30pm to 7pm
Cost: free!
Questions? Contact Tiffany Dillon at
tdillon@northpointrecovery.com or 970-580-0015
Snacks and drinks will be provided

To register, scan the QR code!



REGISTER HERE